

# Do you set the temperature or measure it?

This week's column is going to be a little bit different, because I want to invite you to participate in being a change agent in our community.

Over the past year and a half I have had the privilege of being a part of the Shine on Sherman County team here in our county.

The whole purpose of this initiative is to bring the four sectors of our community (Business, Government, Education, and Health/Human Services) together to work for the betterment of Goodland. It has been a great experience, but also one with challenges.

In the near future their will be a community conversation hosted by Shine On Sherman were you can come and here what is happening, but also have opportunity to engage in being part of the solution to various challenges our community



**steve rains**

• moments from calvary

faces, and making better some of the good things that are occurring.

Be watching for a date and time as it will be happening soon. There will be a free dinner at this event so bring a friend and enjoy a night off from the kitchen!

As I think of this event I can't help but recall the fact that each of us is one of two people.

We are either just the thermometer that measures the temperatures in the room we are in, or we are the thermostat that is setting the temperature in the room.

It reminds me of the story about the guy who was having incredible success fishing. Perhaps you have heard it before, but the story goes something like this.

A game warden noticed how a particular fellow named Sam consistently caught more fish than anyone else, whereas the other guys would only catch three or four a day. Sam would come in off the lake with a boat full.

Stringer after stringer was always packed with freshly caught trout. The warden, curious, asked Sam his secret.

The successful fisherman invited the game warden to accompany him and observe. So the next morning

the two met at the dock and took off in Sam's boat. When they got to the middle of the lake, Sam stopped the boat, and the warden sat back to see how it was done.

Sam's approach was simple. He took out a stick of dynamite, lit it, and threw it in the air. The explosion rocked the lake with such a force that dead fish immediately began to surface. Sam took out a net and started scooping them up.

Well, you can imagine the reaction of the game warden. When he recovered from the shock of it all, he began yelling at Sam. "You can't do this! I'll put you in jail, buddy! You will be paying every fine there is in the book!"

Sam, meanwhile, set his net down and took out another stick of dynamite. He lit it and tossed it in the lap of the game warden with

these words, "Are you going to sit there all day complaining, or are you going to fish?"

I love that story! I want to encourage you to fish.

Be a positive solution to a situation. Bring life into your conversations you have. Speak words of affirmation instead of words of destruction, and if you must say something negative then be part of the solution.

When we were in youth ministry we would have evenings with our students where we would circle the wagons and let the kids talk about things we were doing in the youth ministry. We talked honestly and candidly a

about the youth ministry. They could say anything which was scary, but it was safe.

Here is why it was productive

— they knew the guidelines. There were only three. First, they couldn't attack anyone. Second, if they were going to say something negative they had to give a solution. Finally, when we left we knew we were on the same team with the same mission. Those were incredible times. It makes me miss the teenagers that we had the privilege of serving.

So here's the deal. Be watching for the date of that community conversation. Secondly, do some fishing and enjoy those you are with. Finally, set a positive temperature in the environments you are in.

Steve Rains is the pastor at the Calvary Gospel Church, Fourth and College.

Go to the church's web site at calvarygospel.net or e-mail Rains at calvarycolumn@st-tel.net.

# Anger is normal emotion but can be misdirected

Anger is a normal human emotion, experienced by all ages for many reasons.

Misdirected anger can cause hurt feelings, undermining of relationships and sometimes result in physical harm. Being a parent is very stressful; brothers and sisters fight with each other, babies cry and toddlers like to say "no" a lot.

In addition there are the stresses of daily life including a lack of sleep, job stress, too much to do and too little time. It is not surprising that a parent can feel overwhelmed and react angrily.

Unfortunately their children are often the targets of that anger. Even though parents strive to be a good parent, it is not realistic to expect to be perfect. Even the best of parents occasionally lose their temper. Consider the following:

- Ask yourself if the anger is a legitimate reaction to the child's behavior, or the result of something else, such as problems at work or other stressors.

- Take time to stop and cool off before you say or do something you regret. Get control of your feelings by slowly counting to ten or stepping into another room or outside for a few minutes.

- Look at the situation, try to determine what is really happening and talk it over with those involved.



**high plains mental health**

• plain sense

Use "I" statements rather than "you" statements. For example say, "I am very upset about this." Instead of "You make me so angry!"

- Decide who owns the problem, you or the child. Allowing a child to take responsibility for their actions is a good learning experience.

- Problem solve; determine possible solutions and follow through.

- Avoid lecturing and lengthy explanations keep your comments short and to the point. Take time for further discussion after everyone is calmed down and the situation in control.

- Try not to take everything personally that a child says or does. Let them know how you feel, then suggest better ways for them to react or respond.

It is important for children to understand that anger is a normal human emotion experienced by themselves as well as adults. And parents do need to be a good role model, as well teach their children how to handle feelings of anger in away that does not hurt others. Learning how to express anger in a positive manner is a skill needed throughout life.

Contributed by Karen Schueler,

# Five tips to make the most of your plan

1. Write the plan yourself. How can someone else know what you want your business to be and where you want your business to go?

2. Be realistic. Owning a business is hard work. Expect it. Plan for it.

3. Think about the big picture. Where do you want your business to be in five years? How are you going to get there?

4. Think of your plan as a living document. Review it regularly. Adjust as needed.

5. Share the plan with your team and make sure you're all going in



**jamie morphew**

• business tips

the same direction.

This tip was brought to you by Western Kansas Business Consulting. We offer free and confidential business consulting to Kearny, Scott, Sherman and Wichita counties. For information or an appointment, contact Jamie Morphey at 620-874-0771 or e-mail wkbc@wbsnet.org. Sponsored in part by Sherman County.

MS, LCPC, manager, Prevention, Education and Outreach Department of High Plains Mental Health Center. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help.

## Worship warms the heart



### Calvary Gospel Church

**Pastor:** Steve Rains, Ben Coats, youth pastor Fourth & College • 890-3605  
**Sunday:** Kid's Church: 10:30 am  
 Morning Service: 10:30 am  
 Evening Service: 5:00 p.m.  
**Wednesday:** Royal Rangers Missionettes 6:30 p.m.  
 Adult mid-week service: 7:00 p.m.  
 Youth @ the Rock House: 7:00 p.m.  
 Small Group Ministries meets through out the week.  
[www.calvarygospel.net](http://www.calvarygospel.net)

### Our Lady of Perpetual Help

**Pastor:** Father Norbert Diabal  
 307 W. 13th • 890-7205  
**Sacrament of Reconciliation:**  
 4:30-5 pm Saturday or by appointment  
**Mass Schedule:**  
 Saturday: 6 pm, Sunday: 10:30 am  
**Spanish Mass:**  
 Sunday: 12:30 pm

### Word of Life

#### A Joursquare Church

10th & Clark • 899-5250  
**Pastor:** John Coumerilh  
**Associate Pastor:** Ben Coumerilh  
**Sunday:** Worship Celebration and Kids' Church: 10:30 am  
**Life Groups - call for times and locations**  
[www.wordoflifegoodland.org](http://www.wordoflifegoodland.org)

### Pleasant Home Church

Serving the rural community for over 100 years  
 Rt. 1, Box 180 • 694-2807 • 3190 Road 70  
**Pastor:** Perry Baird  
 890-3375  
**Sunday:** Worship Service: 9 a.m.  
 Sunday School: 10 a.m.  
 Evening Service: 6 p.m.

### Bible Baptist Church

**Pastor:** Clifford Middlebrooks  
 Fifth & Broadway  
 890-7368  
**Sunday:** Sunday School: 9 a.m.  
 Morning Service: 10 a.m.  
 Evening Service: 6:30 p.m.  
**Wednesday:** Evening Bible Study: 7 p.m.

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO  
 (719) 346-7984  
**Sacrament Meeting:** 10 a.m.  
**Sunday School:** 11:15 a.m.  
**Priesthood/Relief Society:** 12 a.m.

### Iglesia Del Dios Vivo

La Luz Del Mundo  
 Spanish Speaking Church  
**Minister:** Esteban Ortiz B.  
 1601 Texas • 899-5275  
**Daily Prayer:** Sunday thru Saturday: 5a.m. & 6 p.m.  
**Sunday:** Sunday School: 10 a.m.

### United Methodist Church Brewster

**Pastor:** Dorine Chambers  
 Worship Service: 10:45 a.m. CST  
 Sunday School: 9:45 a.m. CST  
**Minister:** Sheryl Johnson  
 Worship Service: 9 a.m. CST  
 Sunday School: 10:15 am CST

### First Christian Church (Disciples of Christ)

**Pastor:** Rev. Ted Amos  
 Eighth & Arcade • 890-5233  
**Sunday:** Worship Service: 10:30 a.m.  
**Sunday School:** 9:15 a.m.  
**Activities:** Junior High & High School Youth Groups, Adult Bible Study, Choir, Men's and Women's Groups, Devotions Study, Monthly Fellowship  
**Special Notice:** Handicap Accessible, Hearing Assistance Equipment and Infant and Toddler Nurseries Available

### Kanorado United Methodist Church

**Pastor:** Leonard Cox  
 399-2468  
**Sunday:** Sunday School: 9 a.m.  
 Worship Service: 10:15 a.m.

### Church of the Nazarene

**Pastor:** Bob Willis  
 Third & Caldwell  
 899-2080 or 899-3797  
**Sunday:** Sunday School: 9:45 a.m.  
 Worship Service: 10:50 a.m.  
 Evening Service: 6 p.m.  
**Wednesday:** Evening Service: 7 p.m.

### First United Methodist Church

1116 Sherman 899-3631  
**Pastor:** Rev. Kasey Crosby  
**Saturday:** Worship: 5:30 p.m.  
**Sunday:** Adult Classes: 9:15 a.m.  
 Worship: 10:30 a.m.  
**Wednesday:** Wednesday Nite Live 5:45 - 6:45 p.m. Simple Supper "Free will Offering 6:30 - 7:30 p.m. Classes for all ages

### Goodland Bible Church

109 Willow Road • 899-6400  
**Pastor:** Chad DeJong  
**Sunday:** Sunday School: 9:30 a.m.  
 Morning Worship: 10:45 a.m.  
 Evening Worship: 6 p.m.  
**Wednesday:** AWANA (Winter) and prayer: 7 p.m.

### First Baptist Church

**Pastor:** Travis Blake  
 Bateman's Funeral Home, 211 E. 11th  
 890-3450  
**Sunday:** Sunday School for all ages: 9:30 a.m. (Child care provided)  
 Morning Worship: 10:30 a.m.  
**Thursday:** Bible study 9:30 a.m.  
 Wheatridge Center

### St. Paul's Episcopal Church

13th & Center  
 Church 890-2115 or Rectory 890-6969  
**Priest:** Father Hal Lycett  
**Holy Eucharist:** 10:00 a.m. Sunday 10:00 a.m. Thursday  
**Morning Prayer:** Daily, 8 a.m. Thursday and Sunday  
 For emergencies 890-6969

### Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918  
**Pastor:** Brian Fugleberg  
**Sunday:** Worship: 10:30 a.m.  
 Sunday School: 9:30 a.m.  
**Wednesday:** Junior high 6:30 p.m. at Fugleberg's, 708 Washington Senior high 6:30 p.m. at church

### Seventh Day Adventist Church

1160 Cattletrail  
**Pastor:** Mike Larson  
**Saturday:** Sabbath School: 9:30 a.m.  
 Worship Service: 11 a.m.

### Emmanuel Lutheran Church

13th & Sherman • 890-6161  
**Sunday:** Christian education/fellowship: 10:15 a.m.  
 Worship Service: 9 a.m.  
**Wednesday:** Confirmation: 6 p.m.

### Church of Christ

401 Caldwell  
 890-6185  
**Sunday:** Bible Study: 9:45 a.m.  
 Worship Service: 10:45 a.m.  
**Wednesday:** Bible Study: 7 p.m.

The following sponsors urge YOU to attend your chosen House of Worship this Sabbath:

Short & Son Trucking  
 Hwy. 24

Koons Funeral Chapel  
 North Main

Good Samaritan Center  
 208 W. 2nd

KLOEIKKQJIKWGB  
 3023 W. 31

Classifieds work!  
 899-2338

## Soldier Needs Your Help

Free to a good home or a foster care situation for 15 months is also available. Registered 3 year old German Shepherd. His name is Diesel. He is very friendly and loves children. He also comes with breeding rights. Owner has been sent to Iraq and man's best friend needs your help!

Call 785-890-6954. Your message will be returned in the evening. Also available on weekends.

